



9411 Whiskey Bottom Road
Laurel MD 20723
(410) 313 - 0380
Fax: (240) 568-3030

nlaurel50center@
howardcountymd.gov

50+Center Hours

Monday - Friday
8:30 am - 4:30 pm

Website:
www.howardcountyaging.org

INSIDE THIS ISSUE:

News & Notes	2
Membership/Registration	3
Fitness, Health & Wellness	4 - 5
On-going Programs	6
November Offerings	7
November at a Glance	8
November Menu & Notes	INSERT

The North Laurel 50+ Center will be closed on Tuesday, November 11, Thursday, November 27 & Friday, November 28.



Find us on Facebook
www.facebook.com/HoCoCitizen

NORTH LAUREL 50+ CENTER

NEWS & NOTES

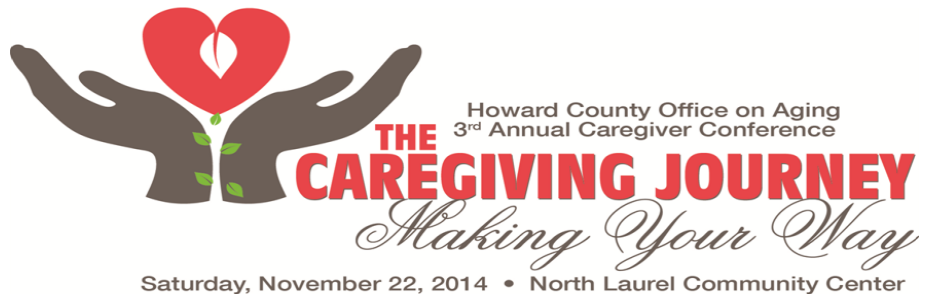
The Caregiving Journey - Making Your Way

November is National Family Caregivers Month. Each year more and more Americans are caring for a loved one with a chronic condition, disability, or the challenges of aging. Family caregiving is serious work and family caregivers are the backbone of the Nation's long-term care system.

North Laurel is hosting the Annual Caregiver Conference on Saturday, November 22, 2014. With seminars and on-site care, this event is an opportunity to honor yourself as a caregiver as well as learn more about resources and supports. More information is available at 410-313-5980.

Stop by & enjoy all the Center has to offer.

Trisha, Michelle, Carmen and Laurie



CENTER HIGHLIGHTS



Lunch Time Theatre:
The Fabulous 50+ Players
Wednesday, November 5
11 am



Ask Dr. Dan
Wednesday, November 19
11 am

NEWS & NOTES

In Your Neighborhood

North Laurel 50+ Center, located within the North Laurel Community Center and Park, offers a variety of programs and activities for persons age 50 and older. Our newsletter with Center activities and events is available monthly for pick-up at the Center and on-line at www.howardcountyyaging.org.

If you need accommodations to attend North Laurel events or meetings or you need this document in an alternative format, contact Trisha Olsen at 410-313- 0380 or tolsen@howardcountymd.gov. People who are deaf, hard of hearing or have speech disability, use Relay or 711.

North Laurel Senior Council

The Council supports North Laurel 50+ and Senior Center Plus operations, plays a leadership role, represents the Center to the community and serves as an advisory group. Assistance with events is always welcome.

Upcoming Council sponsored events:



Coffee with the Council	Mon, Nov 3	10 am
Rack 'Em Up Pool Party	Thurs, Nov 6	12:30 pm
Joint Council Meeting	Tues, Nov 18	10 am
Movie Day	Thurs, Nov 20	1 pm
Caroling with SCPlus	Thurs, Dec 4	10:30 am
Poinsettia Sale	Fri, Dec 5	10 am

MEET THE STAFF

Trisha Olsen (410) 313-0389
Director, 50+ Center

Michelle Feng (410) 313-0388
Assistant Director, 50+ Center

Carmen Faye (410) 313-0380
Front Desk, 50+ Center

Laurie Hunter (410) 313-0387
Nutrition Specialist, 50+ Center

Nancy Riley (410) 313-7218
Director, Senior Center Plus

Andrea Bryant (410) 313-7691
Assistant Director, Senior Ctr Plus

Nancy Gabie (410) 313-0396
Program Assistant, Senior Ctr Plus

Rachel McCracken
(410) 313-0398
Program Assistant, Senior Ctr Plus

State Health Insurance Program
(410) 313-7392

Maryland Access Point (MAP)
(410) 313-5980

RTA Mobility www.transitRTA.com
1-800-270-9553

Senior Center Plus

Are you a caregiver of a parent or loved one, or do you know someone who is providing care for an aging parent?

The Senior Center Plus program, a certified social model day program, offers a safe, affordable & stimulating option. Directed by a Certified Occupational Therapy Assistant, the staff is dedicated to providing a place for your loved one to socialize in a structured and supportive environment. The 4-hour program provides therapeutic programming, a well balanced lunch time meal and snacks. For more information, contact Nancy Riley, Director at (410) 313-7218 or nriley@howardcountymd.gov.



To be notified about upcoming senior programs or other county news items, sign up for NotifyMeHoward. This free service allows emergency alerts and info to be sent directly to inboxes and/or mobile devices. Register at www.NotifyMeHoward.org to select the alerts to receive.

Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County Senior & 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

MEMBERSHIP & REGISTRATION

Membership

You must be a registered member to use the North Laurel 50+ Center. Membership is free and it is a quick application process. It is required to register for programs & activities. Stop by the 50+ Center Front Desk between 9 am and 4 pm Monday through Friday for your membership card with photo ID.

Registration

Sign-up for classes and activities at the Center's front desk. Some programs and activities require pre-registration and nominal fees. Information on classes at North Laurel: <http://apm.activecommunities.com/howardcounty>

Senior Fitness Pass

Through Recreation & Parks for Howard County residents 50 & older AND members of the 50+ Center
Annual Membership ONLY \$25

Senior Fitness Membership Times

Mon – Fri 8 am - 11 am

Tu, Th & Fri 1 pm - 3 pm

Mon & Wed 3 pm - 5 pm

The Community Center also offers center membership and Fit 4 U fitness packages for all ages. Packages for times other than Senior Fitness Times are available through Recreation & Parks' Front Desk.

INCLEMENT WEATHER POLICY

Howard County schools **Closed:**
All 50+ Center Programs are cancelled

Howard County Schools open **1 hour late:**
Building opens for programming at 9:30

Howard County open **2 hours late:**
Building opens for programming at 10:30

Building Status Hotline: 410-313-4452

COFFEE SERVICE

The North Laurel 50+ Center has coffee service Mondays thru Fridays when the 50+ Center is open. Regular & decaffeinated coffee and hot water are available. At times, breakfast snacks are offered. Donations are appreciated to continue this service.



Lunch Program

To join us for lunch, please sign up **in advance** in the lunch book located at the Front Desk. Please remember to call 410-313-0380 to cancel your reservation if you are not coming.

The full cost of a regular meal is \$4.10 and \$5.39 for special meals. Those 60+ are requested to contribute toward the cost of the meal. Contributions ensure the continued viability of this program.

Lunch is served Monday through Friday (unless noted otherwise) at 12 noon.

Did you know we have these nutrition programs at North Laurel?

Daily Lunch Service

Nutrition Counseling

Nutrition Education

Emergency Meal Kits

Monthly Salad Bar

See a staff person for more information



FITNESS OFFERINGS

Age Well Exercise

Tuesday & Thursday 10 am to 11 am
Cost: \$35 for 16 classes 11/4 to 1/29/2015
No class 11/11, 11/27, 12/9/2014 thru 1/1/2015

Learn basic cardio combinations in an easy format. Burn calories, increase endurance, build muscle tone & bone density. Hand weights & elastic bands are provided. Instructor: Jeanne Sealing

Ballroom & Latin Dance-Beginners

Tuesday 1:30 pm to 2:30 pm
Cost: \$52 for 6 sessions 10/28 to 12/2
No class 11/11; class will be held on Friday 11/14 that week

Learn technique, more complex steps and be confident in dancing a variety of dance styles. Singles & Couples welcome. Instructor: Linda White

Enhance Fitness

Mon, Wed & Fri 10 am to 11 am
Cost: \$48 for 15 classes 11/19 to 1/7/15
No class 11/26, 11/28, 12/24 thru 1/2/2015

A series of specially tested exercises to improve balance, flexibility, bone density, endurance, coordination and decrease risk of falling. Progress is tracked under the assistance of certified instructor, Carol Hill.

Mat Pilates

Wednesday 12 noon to 12:50 pm
Friday 11:15 am to 12:05 pm
11/14 to 12/17 No class 11/26 & 11/28
Cost: \$46 for 8 sessions

Pilates helps build flexibility, lean muscle, strength and endurance in the hips, back and abdominals. Emphasis on breathing to relieve stress and develop a strong core. Instructor allows for modifications in range of difficulty. Instructor: Maggie Lockhart

Gentle Yoga - Level 1

Monday 11 am to 12:15 pm
Cost: \$56 for 8 classes 10/20 to 12/15
No Class 11/10

Thursday 1:30 pm to 2:45 pm
Cost: \$56 for 8 classes 10/30 to 1/15/15
No Class 11/6, 11/27, 12/25, 1/1/15

Reduce stress, tone muscles and increase strength & energy with fluid breathing. Work at your own level - modifications provided. Instructor: Lisa Rados, RYT

Chair Yoga

Monday 10 am to 10:50 am
Cost: \$52 for 8 classes 10/20 to 12/15
No Class 11/10

Enjoy all the benefits of yoga in this seated exercise. Reduce stress, tone muscles and increase strength & energy with fluid yoga poses. Instructor will modify according to fitness level & health challenges. Instructor: Lisa Rados, RYT

Zumba Gold

Thursday 11:15 am to 12:15 pm
Cost: \$54 for 8 sessions 11/13 to 1/22/15
No class 11/27, 12/25 thru 1/1/2015

Join in this fun, Latin - inspired workout. Designed for the active older adult, this version incorporates Zumba's contagious rhythms & is performed at a lower intensity. Instructor: Roxanne Hartman

Tap Aerobics

Is on hiatus until further notice.
Check with Front Desk for more information

HEALTH & WELLNESS OFFERINGS

Walking Club

Monday - Friday 8 am

The Walking Club meets five days a week for a brisk walk around the indoor track-12 laps equals one mile. A safe & weatherproof way to stay fit! Cards to record distance & time are available to track your "tracks."

Healthy Tastings

Tues, November 18 10 am to 11 am

Pumpkin Treats

Tues, December 16 10 am to 11 am

Holiday Hors d'oeuvres

Join Laurie in the lobby for information, recipes and tastings of these delicious treats.

Blood Pressure Screening

Mon, Nov 10 & 24 10:30 am to 11:30

Meet with a registered nurse in the lobby to monitor your blood pressure.

National Memory Screening Day

Tues, Nov 18 12:30 pm to 3:30 pm

Dr. Jennifer Schwartz-Mitchell of Humanim's Cognitive Assessment and Solutions Center will offer brief screenings for memory function. The confidential screening is free and takes about 10 minutes. Call the Front Desk to reserve a time slot. Walk-ins are welcome but wait time will vary based on reservations.

An Initiative of the Alzheimer's Foundation of America

Massage Therapy with Ellen Consoli

Fridays in November 10 am to 1 pm

No massage 11/28

Experience the relaxing benefits of massage therapy to help relieve the stress in your life.

\$22 for 15 minutes - \$32 for 25 minutes

\$52 for 50 minutes

Exercise Counseling

Thurs, Nov 6 9 am to 12 pm

Thurs, Dec 11 9 am to 12 pm

Individual appointments with Jennifer Lee, exercise specialist, provide a free consultation on an array of exercise related topics including getting started, selecting the right program and working out at home.

Fitness Center Guidance

Thurs, Nov 6 1 pm to 3 pm

Thurs, Dec 11 1 pm to 3 pm

Meet Jennifer Lee in the Fitness Room for group coaching and guidance on using the fitness equipment. Must have fitness pass.

Nutrition Counseling

Mon, Nov 17 9:30 am to 12 pm

Schedule an individual appointment with Rona Martiyan, RD, LDN, registered dietician. Rona helps older adults improve their quality of life through nutrition counseling and education. Sign up at Front Desk for a 30 minute session or 1 hour for diabetics.



Brain Health

Fri, Nov 7, 14 & 21 10 am to 12:30 pm

Find out the health of your brain with an assessment by psychologist, Dr. Jennifer Schwartz-Mitchell. On-site services include memory evaluation and assessment with practical strategies to maintain your independence. Covered by most health insurances.

Call 410-381-7596 for an appointment

ON-GOING PROGRAMS

Women's Social Group

Tuesdays 1 pm to 2 pm
Meet new friends in a casual and supportive atmosphere to exchange stories, share conversations and engage in activities together. Group is led by Madline Morsha-Taylor, CSC-AD, prevention professional. Please register at Front Desk.

Bingo

Thursdays 1 pm to 3 pm
Admission is 25 cents and play for 5 cents a card. Good sports only.

Sit, Stitch 'n Give

Fridays 11 am to 3 pm
Gather to socialize & stitch projects for personal use or community giving.

News Talk: A Current Events Group

Thursdays 10 am to 11:30 am
A lively discussion group focusing on current news locally, nationally and globally. Register at Front Desk.

Line Dance Drop-In

Tuesdays 11:15 am to 12:15 pm
\$1/day drop-in fee. Led by Linda Pohland.

Open Art Studio

Mondays and Wednesdays 1 pm to 4 pm
Drop-in to work on individual projects in the Patuxent Art Studio.

Rack 'Em Up Pool Party

Thurs, Nov 6 12:30 pm to 2:30 pm
Friendly competition at the pool table in Rocky Gorge Room. Refreshments provided by the North Laurel Senior Council.

State Health Insurance Program (SHIP)

Thurs, Nov 6 & 20 9:30 am & 10:45 am
Free and confidential assistance with health insurance concerns. Schedule through Front Desk by calling Carmen at 410-313-0380.

Salad Bar Special Lunch

Fri, Nov 14 12 noon
Cost: Lunch contribution for those 60+
Fresh greens with assorted toppings and soup. Please reserve by 11/5.

Fall Book & Bake Sale

Fri, Nov 14 10 am to 1 pm
Shop for books of all genres at unbelievable prices. Baked goods provided by the North Laurel Senior Council.

Power Over Pain Group

Wed, Nov 19 1 pm to 2 pm
For anyone living with chronic pain, learn to develop and sustain a positive attitude and find ways of coping. Meets 3rd Wednesday of each month. Join at anytime!

Matinee Movie

Thurs, Nov 20 1 pm to 3 pm
Free viewing of **Mr. Deeds** shown in the comforts of the center. Popcorn & snacks available for \$1. Sponsored by the North Laurel Senior Council. Sign up at Front Desk.

Computer Chat

Weds, Nov 5 & 19 1 pm to 3 pm
Thurs, Nov 13 10:30 am to 12:30 am
Free assistance for general computer and device questions. Appointments available at Front Desk. Drop-ins based on availability. Please bring your laptop or tablet computers.

NOVEMBER OFFERINGS

Medicare Prescription Drug Annual Enrollment Period - Oct 15 to Dec 7

Appointments are available at North Laurel. Call 410-313-7392 for your appointment.

Sponsored by the Howard County Office on Aging State Health Insurance Assistance Program (SHIP)

Lunch Time Theatre: The Fabulous 50+ Players

Wed, Nov 5 11 am show, 12 pm lunch
Lunch contribution for those over 60

An original production of a journey through music and memories performed by the Fabulous 50+ Players. This talented, senior musical group is sponsored by the Howard County Arts Council. Reserve by 10/29.

Veterans Day Breakfast

"Serving Those Who Served Our Country"

Fri, Nov 7 10 am to 11 am

In honor of our veterans for their service to this country, drop in for a continental breakfast. Breakfast is complimentary for our service personnel. Any donations that day will go to a Wounded Warriors Project.



Thanksgiving Dinner & Dance Ten Oaks Ballroom in Clarksville

Thurs, Nov 13 Cost: \$13
Doors open at 10:30 am, Dinner at 12 noon
Turkey dinner and performance by the Retro Rockets. For information, call 410-313-5440. Tickets available at Front Desk.

Fall Back to "Home Safety"

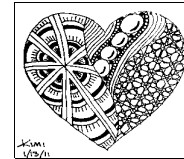
Fri, Nov 14 10 am to 11 am

Make sure your home is as safe as possible. Join this presentation by a Howard County Fire & Rescue Specialist for tips on protecting your home and property.

Ask Dr. Dan

Wed, Nov 19 11 am to 12 pm

Welcome back Dr. Dan Storch for a round table discussion on "Attitude and Motivation: Keys to Happiness." Please reserve your spot by calling the Front Desk.



Zentangle® Demo

Wed, Nov 19 10 am to 12 pm

Check out this method of drawing structured patterns in this meditative art form.

Fall Art Workshop: Glass Bead Necklace

Fri, Nov 21 9:30 am to 11 am

Cost: \$7 - All materials provided

Make wearable art with glass and learn jewelry making techniques. No experience necessary. Register by 11/19.

Caregivers Conference

Sat, Nov 22 8 am to 3 pm

A day of information and sharing about caregiving issues. Continental breakfast and lunch provided and on-site respite care available. Reservation deadline for lunch and respite is 11/12. Call 410-313-5980.

November 2014 At a Glance

Monday	Tuesday	Wednesday	Thursday	Friday
3 Enhance Fitness 10 Chair Yoga 10 Coffee with the Council 10 Gentle Yoga 11 Open Art Studio 1	4 Agewell 10 Line Dance 11:15 Matter of Balance 1 Women's Group 1 Ballroom Dance 1:30	5 Enhance Fitness 10 50+ Players 11 Pilates 12 Open Art Studio 12 Computer Chat 1	6 Exercise Counseling 9 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Pool Party 12:30 Exercise Guidance 1 Bingo 1	7 Veterans B-Fast 10 Brain Health 10 Enhance Fitness 10 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15
10 Enhance Fitness 10 Blood Pressure 10:30 Open Art Studio 1	11 Veterans Day Building open for walking and fitness room No 50+ Programming	12 Enhance Fitness 10 NO LUNCH Open Art Studio 1	13 Agewell 10 News Talk 10 Computer Chat 10:30 Zumba Gold 11:15 NO LUNCH Bingo 1 Gentle Yoga 1:30 THANKSGIVING AT TEN OAKS BALLROOM	14 Brain Health 10 Enhance Fitness 10 Massage 10 Home Safety 10 Book & Bake Sale 10 Sit, Stitch 'n Give 11 Pilates 11:15 Salad Bar 12 Ballroom Dance 1:30
17 Nutrition Counseling 9:30 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	18 Agewell 10 Joint Council-Bain 10 Healthy Tastings 10 Line Dance 11:15 Women's Group 1 Ballroom Dance 1:30	19 Enhance Fitness 10 Zentangle® 10 Ask Dr. Dan 11 Pilates 12 Open Art Studio 1 Power Over Pain 1 Computer Chat 1	20 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Zumba Gold 11:15 Bingo 1 Matinee Movie 1 Gentle Yoga 1:30	21 Fall Art Workshop 9:30 Brain Health 10 Enhance Fitness 10 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15
24 Enhance Fitness 10 Chair Yoga 10 Blood Pressure 10:30 Gentle Yoga 11 NO LUNCH Open Art Studio 1	25 Agewell 10 Line Dance 11:15 Women's Group 1 Ballroom Dance 1:30	26 Open Art Studio 1	27 Happy Thanksgiving NL 50+ and NLCC closed	28 Happy Thanksgiving NL 50+ and NLCC closed
Dec 1 Enhance Fitness 10 Chair Yoga 10 Coffee with the Council 10 Gentle Yoga 11 Open Art Studio 1	Dec 2 Agewell 10 Line Dance 11:15 Women's Group 1 Ballroom Dance 1:30	Dec 3 Enhance Fitness 10 Pilates 12 Open Art Studio 1	Dec 4 Agewell 10 News Talk 10 Caroling w/ SCP 10:30 Zumba Gold 11:15 Pool Party 12:30 Bingo 1 Gentle Yoga 1:30	Dec 5 Brain Health 10 Enhance Fitness 10 Massage 10 Poinsettia Sale 10 Sit, Stitch 'n Give 11 Pilates 11:15

Lunch is served at Noon Monday - Friday except where indicated; see insert for Menu & Nutrition Notes